

PULLED PORK

Thanks to Viktoria Mayo, a Leominster Farmers' Market regular who emailed us this recipe.
Recipe by Louisa Rose

Ingredients

4 gloves garlic, peeled & crushed	1/5 tsp fennel seeds
1/2 tsp sea salt	2 tbs olive oil
500g Pork Cheek, trimmed weight	1 tsp hot smoked paprika
1 tsp ground cumin	1/2 cinnamon stick
200ml sweet apple juice or cider	1 whole guajillo chilli

Method

1. Crush garlic, fennel seeds and salt together in a pestle & mortar to make a rough paste.
2. Heat oil in a large, heavy based casserole over a high heat. Season the pork cheek with pinch of salt then add to pan. Fry for 4-5 mins on each side until deep golden brown, then add garlic & fennel seed paste with smoked paprika, cumin & cinnamon stick and cook for a further min until fragrant.
3. Add apple juice/ cider and whole chilli along with 200ml of cold water and bring to boil, scraping residue from base of pan. Reduce heat to a simmer, cover and cook gently for 2 hours, stirring occasionally.
4. Once pork is cooked, remove the pan from the heat, discard the cinnamon stick and chilli. Stir the meat for 203 mins with a wooden spoon until the pork breaks up.
5. To serve, pile pork on to fresh tortillas and top with guacamole and soured cream.

Tip from Viktoria:

Add crème fraiche or cream cheese to the sauce, it's a bit thin otherwise.